## Thrive
### HELPING OUR YOUTH

### X MYTH:

"Youth mental health problems are just a phase - they'll grow out of it."

### ✔ FACT:

Nearly 50% of all mental health conditions begin by age 14. **Early support can prevent lifelong struggles.** (CDC, 2023)

### X MYTH:

"Talking about mental health will put ideas in kids' heads."

### ✔ FACT:

Open, age-appropriate talks about emotions reduce stigma, build trust, and strengthen resilience—silence breeds shame.

## Model Mental Wellness

Adults play a vital role in shaping the mental health of the youth in their lives. Children learn by example - your actions can help normalize emotional wellness and self-care.

### Wellness Starts with Us

- Prioritize rest, balanced meals and physical activity.
- Set boundaries around screen time, especially before bed or at meals.
- Give daily focus to your faith and share gratitude for God's many gifts.
- Practice healthy coping strategies like journaling or taking a walk.
- Show it's okay to feel sad, anxious or overwhelmed—and demonstrate how to process emotions constructively.
- Say "no" when needed to protect your own mental health and relationships.
- Encourage effort, not perfection—mistakes are part of learning.
- Reinforce that seeking help from a counselor is as normal as seeing a doctor.
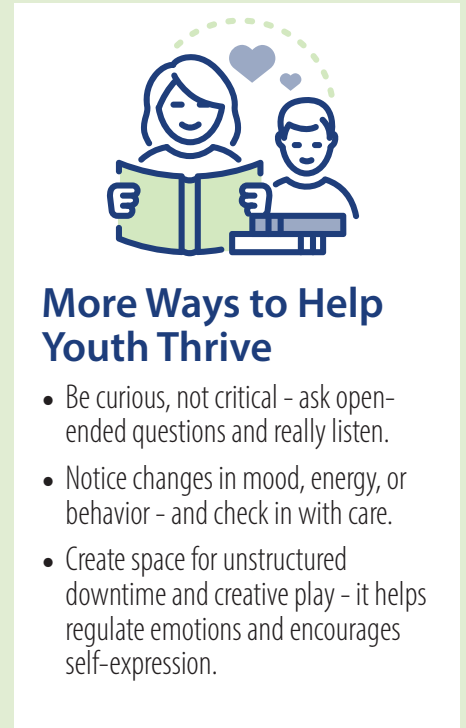
### More Ways to Help Youth Thrive

- Be curious, not critical - ask open-ended questions and really listen.
- Notice changes in mood, energy, or behavior - and check in with care.
- Create space for unstructured downtime and creative play - it helps regulate emotions and encourages self-expression.

## You're Not Alone - We're Here to Help

Our compassionate therapists are here for you and your family. Whether you need guidance, have questions, or just want someone to talk to, we're ready to listen—even if you're not scheduling an appointment.

### Know this #
### 988
Suicide & Crisis Lifeline, Call or Text 24/7

## Catholic Charities
### DIOCESE OF SIOUX CITY

Reach out anytime. Support starts with a conversation.
**712.252.4547 | info@cathchar.com**